CLARKE COLLEGE ARCHIVES

CLARKE COURIER

Volume LXVIII | Issue #20 | Dubuque, Iowa | May 3, 1996

Stressing Out

by Maria Ortiz Lleras

Are you stressed out with finals starting on Monday? Here are some suggestions for you. The most important thing here is that you realize that finals are coming. Prepare early enough! Don't panic, and maintain your regular routine. In order to maintain it, you should take time to study, exercise and sleep the same way you did it in the past four months.

It is important for you to plan your time ahead and don't forget your three meals. Study breaks are very important. Bud Edwards from the Counseling Center suggests you "do something fun, take a walk, or watch some TV."

Edwards also suggested some techniques to relieve stress.

"Students during finals week should take time to exercise, jog or go for a swim in the PAC," he said.

Another thing that helps are the "progressive relaxation techniques where you play some soft music or a relaxation tape, then picture yourself in a safe and comfortable place and practice debriefing."

At the final test day, Edwards suggested that "you should do something relaxing 30 minutes before the test. Get to the exam site 5 to 10 minutes ahead and get comfortable in your classroom. When you receive the test, look over it and identify simple questions, work on them and later go to different ones that may require from you more time... the key thing is to BUDGET your time wisely."

After each final you should "take some time to relax, watch a movie, eat something, take a nap or hang out with your friends. Let your body release all the energy and recover from your final," he said.

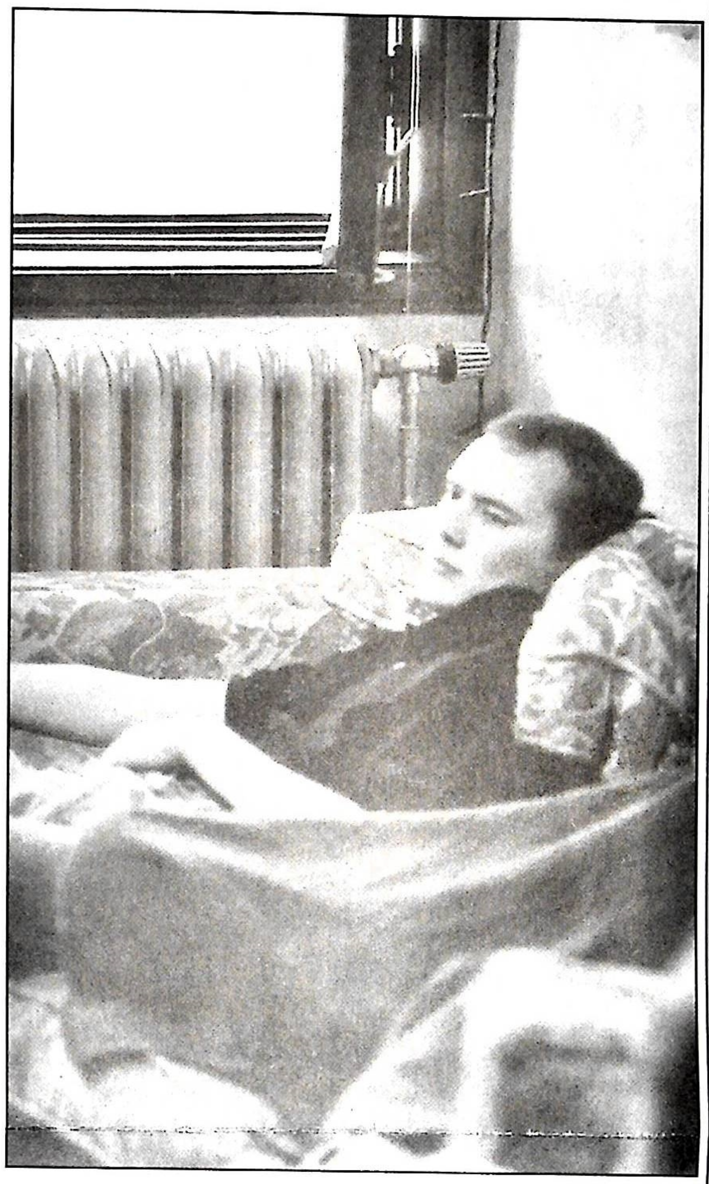
Some Clarke students said that exercise helps them a lot during stressful finals week.

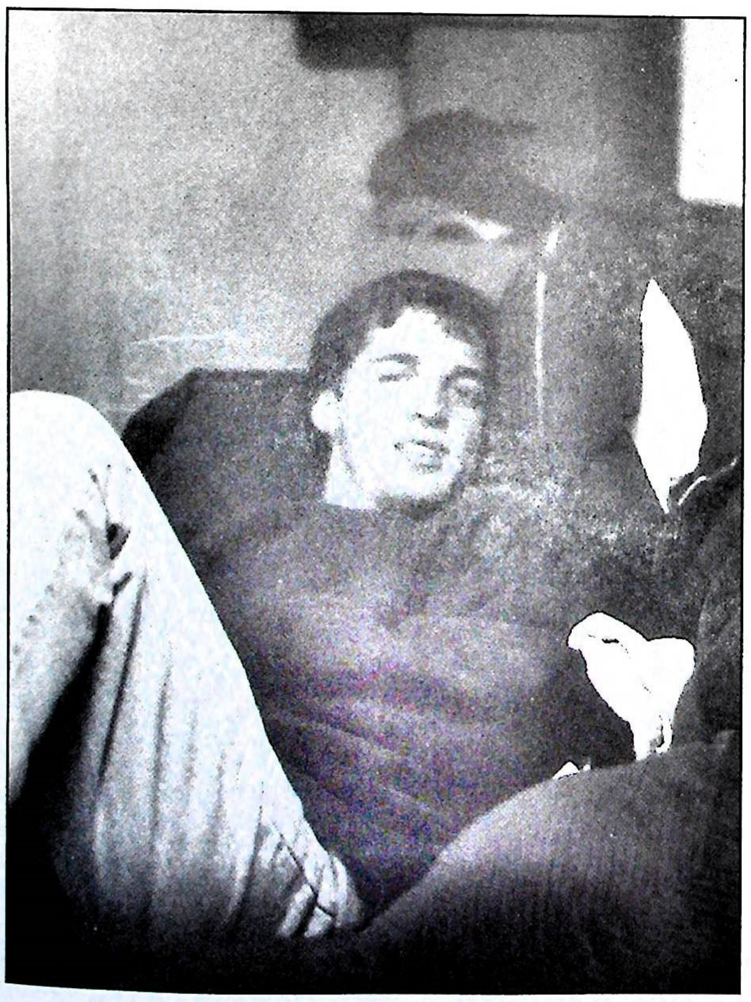
Victor Andres Zuñiga said that he "believes that swimming is the best way to relax during stress times."

Sue Mazanek said that "playing racquetball or something very active" helps her.

Other students, like Angie Dolan, prefer to read a book that has nothing to do with classes and listen to Enya. Others relax like Rafael Posada, who prefers "couch potato" TV watching, or like Gregg Tranowski, who prefers taking naps in order to relax.

"When you finish your finals week just relax and congratulate yourself for your effort," Edwards said. ❖





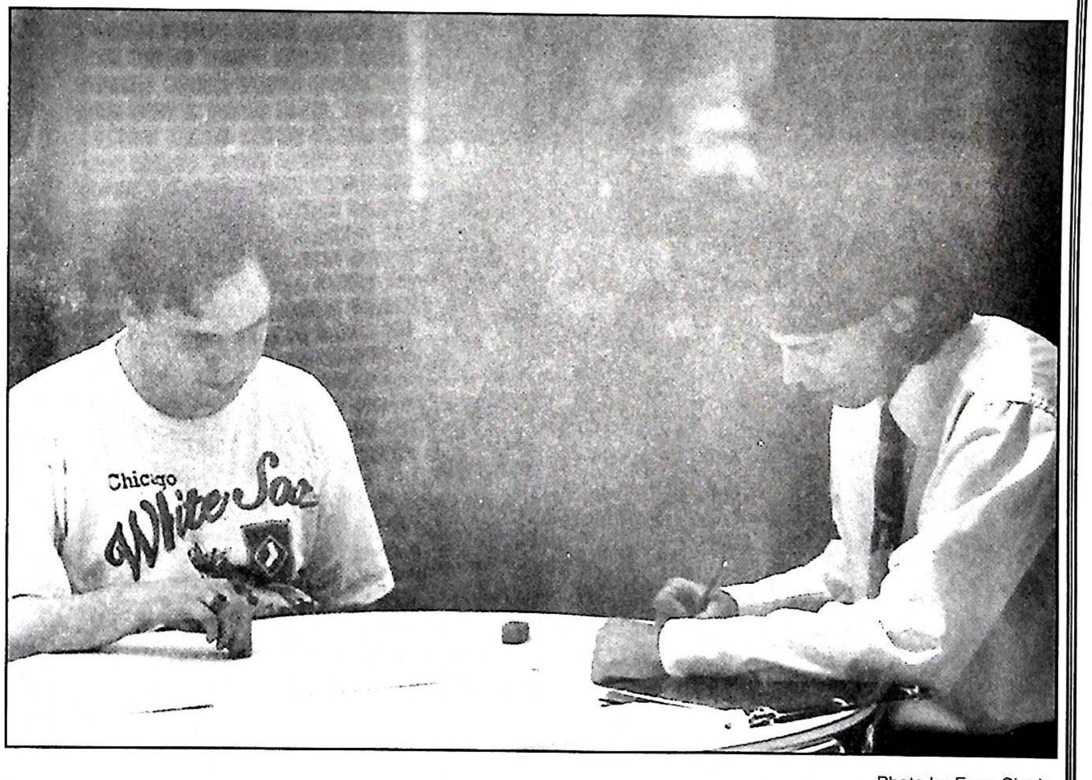


Photo by Evan Siegle

Jake Heinrichs, left, relaxes before the final crunch period. Louis Stroschein, above left, and Bradley Huffer, above right, begin their studying early in the Atrium outside the bookstore. John Leen, top, relaxes in front of the television before getting ready to study. Many Clarke students beging to prepare as finals week quickly approaches.

9 new resident assistants join staff in dorms

by Windy Bernier

The Fall of '96 will see nine new resident assistants join the returning R.A.s. Seven of the new R.A.s will be in Mary Benedict and two will be in the Mary Josita Hall.

Mary Benedict will be assisted by first floor, Wendy Schultz; second floor east Sarah Stadele; second floor west, Meggan Healy ; third floor east, Colleen Wilson; third floor west, Maria Ortiz; fourth floor east, Michelle McGreevy; fourth floor west, Mandy Starr and the fifth floor with Ann McMurray.

R.A.s in Mary Josita Hall will be: second floor, Martin Gentry and Mike Squiers; third floor, Chad Oberbroeckling; and fourth floor, Ted Mulert and Dave McClure.

Mary Frances will have old timers Mardi Arends, letter wing and cloister; Jeanne Kolker, swing wing and second floor; Wendy Crawford, second floor; and Ryan Beck, third floor.

Erin Bowditch told the newcomers that they shouldn't let things get to them, to have fun that it is a great job. She also said to take everything in perspective. ❖

NEWS

Dudley steps into English position

by Bernadette Schenkelberg

Rita Dudley, an adjunct English teacher at Clarke, was born in Cedar Rapids and raised in Mount Vernon, Iowa. She said that she attended grammar and high school in Mount Vernon and spent her first year of college at Clarke. After that year she transferred to the University of Iowa where she received her B.A. in English.

Dudley said that her grandmother was a teacher and that inspired her to become a teacher herself.

Dudley has taught English to grammar school students at West Delaware in Manchester, Iowa. Dudley said that she went back to college so she could teach at the college level. She received her master of arts degree in English in 1995. She is also teaching English Composition at Kirkwood and she said she will teach at NICC this summer.

Dudley has been filling in for Sarah McAlpin, BVM, while she was on her sabbatical this semester.

"I have really enjoyed teaching here. The other teachers have been so supportive," Dudley said. "It is also a refreshing change to teach at the college level. The students here are polite, devoted, and serious about learning."

Dudley says that she lives on a small Christmas tree farm in Worthington with her husband and three children. Dudley has two boys, ages 19 and 16, and a 13-year-old daughter. When she is not busy with her family or her work, she said she loves the outdoors.

"I love to go on walking trails, camping, and going to our cabin in the woods near the river," Dudley said. "I also like to write stories and love to read books. My favorite author is Anne Dillard and I enjoy reading Native American stories."❖

Photo by Evan Siegle

Rita Dudley has been filling in for Sarah McAlpin, BVM, while she was on her sabbatical this semester. Dudley has previously taught English to grammar school students at West Delaware.

Students compete in ad campaign

by Windy Bernier

Four students and their mentors are preparing their campaign for this year's Citibank College Advertising Awards. The campaign must be in by May 6 and the results will be given May 15.

The four working on the campaign are Clarke seniors Mary Foust and Launa Kara; Clarke graduate Juan Camilo Tamayo, and Loras senior Beth Elwood.

Foust, Kara, and Tamayo had worked in this campaign last year; Elwood joined the team this year. Last year's team made it to the competition's finals but they didn't win. The students started getting together in January. They have spent at least two to three hours together a week.

Helping amd advising the students in this quest are Alvera Kromer, assistant professor at Clarke, and Gregg Stuart, who works for KFXB and Clarke College. Kromer has helped the students since the beginning and has "held there hand" all through the process. Stuart helped the students by shooting some clips and video for their commercial; he also gave his imput in what should and not be proper for the shooting and the commercial.

The objective of this year's campaign is to sell the parents of the college-aged students, 18-22, how important it is for their children to get a Citibank credit card under their own names. After five sessions of brainstorming, the team came up with the themes of security and safety. To portray this they chose "The Wizard of Oz." They will use "Oz" characters and music. In the commercial Tamayo portrays "Dorothy" as he encounters a lot of difficulties in his road of life the same way "Dorothy" did in her way through the yellow brick road. Tamayo's character also has a dog that looks exactly like "Toto" and a book bag in place of a basket.

The campaign requires the team to submit some of these components: a television ad, a print ad, a direct mail package and a name for the card itself.

Foust said that she, Tamayo, and Kara had worked so well as a team that they wanted to do it again. Elwood, who is the newcomer, said that she joined the group to learn about advertising campaigns and she enjoys the exciting challenge.

Tamayo, who graduated and is finishing his master's degree, said that as an advertising major it improves his experience in the field and as he makes more campaigns it gives him more experience for the success of his future campaigning.

They said the experience that they are all looking forward to is the feeling of satisfaction and relief when they have finished. They also added that the whole idea of working under stress is exciting because their various responsibilities include having to deal with studying, work, being seniors and mothers.

Kara said that she not only did this for her two credits but that she also wants a winning campaign. The students said that they like the excitement, brainstorming and because they want to win. They said they also know they can do better than last year. They said that they would also like to encourage other students to follow their lead. ❖

Learning abroad

by Bernadette Schenkelberg

Clarke is offering their 1996 summer study in France program.

Dennis Conrad, chair of the French department, is traveling with two students so far, Michelle Thompson and Julie Reuter. They will spend three weeks as exchange students in Amboise, France.

"Students who take this trip get to know what it is like to live in France and experience the culture. This experience allows the students an opportunity to bring the lectures they were taught in the classroom to life," Conrad said.

Students Michelle Thompson and Julie Reuter will be staying with a family in Amboise, France.

"I am looking forward to taking the vacation, although I am nervous because my French family does not speak any English," Thompson said.

Their trip will begin with a few days of sightseeing in Paris. Then they will get on a train and head to Amboise to meet their host families.

Amboise is famous castle country of the Loire River valley. The town is small and lively with attractive shops, old buildings, shady trees, and pleasant walks by the river. The countryside is varied with rich farmlands, vineyards, gentle valleys, and limestone hillsides. It is ideal for walking and cycling. Along the Loire valley, some of the most beautiful Renaissance castles are to be found. Amboise is also known for its excellent restaurants.

A typical day for the students includes going to class, lunch, lecture, and elective option, and spending the rest of the day with their host family. Aside from the classes, students will enjoy social and excursion programs in the evenings and weekends.

"It should be very exciting for the students. There will be students from other countries there such as Japan, Germany, and Italy, studying with them. They will also be spending a day at EuroDisney. There will be plenty of opportunities to have fun and enjoy themselves. We are looking forward to it," Conrad said. ❖

Good luck on finals! Good luck seniors! Have a good summer! See you in the fall!

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The *Courier* welcomes input from members of the Clarke community. Please send comments to P.O. Box 1508, Clarke College. Letters must be signed and may be edited for content and length.

The *Courier* is a member of the Associated Collegiate Press and holds a first class rating from the National Scholastic Press Association.

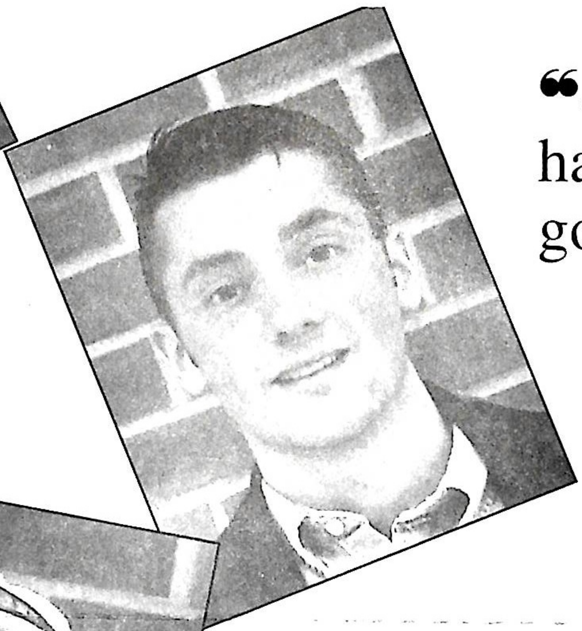
GOODBYE SENIORS!

Courier Corner....

What kind of advice would you give to the rest of the student body and what are your plans for the future?

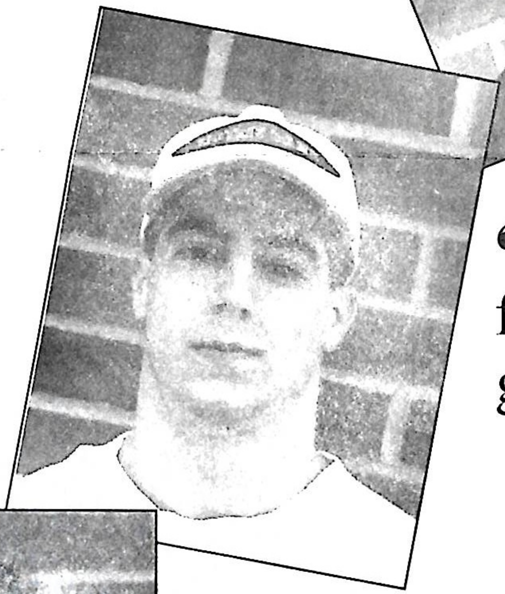
"The most important thing you have to learn is to memorize your Social Security number in your college life. Go back home and get a job over the MTV Japan, hopefully."

Hiro Matsuo



"Study hard and try to have some fun because it goes very fast!."

Jason Knockel



"Spend as much time with your friends as possible because they'll be gone before you know it."

Frank Forlini

"Enjoy the time you have here because it goes by so fast."

Kristin Washburn

"Party and be social. Find a real job and become an adult."

Matt Mullane

"Know what you want to do with your life and reach for the stars. Move to Atlanta, Ga., and get a job in publications or translating for the state"

Blanca Islas

SPORTS & HAPPENINGS

Transfer student lends hand to Clarke

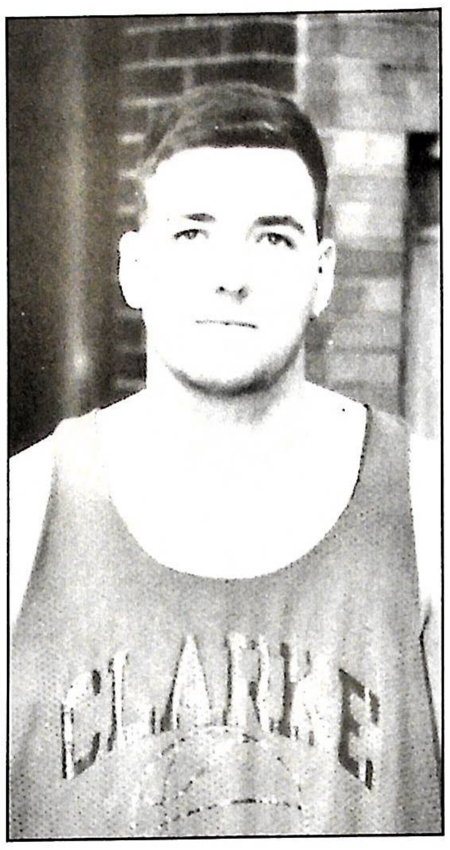
By Ryan Pierson

As the saying goes, "If a tree falls in the forest but no one is there to hear it fall, does it really make a sound?"

In the case of Shean Albrecht, the 6-3 small forward, the sound he made out on the men's basketball team and in the classroom were indeed loud. Shean Albrecht, a native of Elizabeth, Ill.,, played his high school basketball for River Ridge and then joined the Cougars at Highland Community College. After his two years of eligibility were up at Highland, Albrecht decided to transfer to Clarke.

While averaging 20 minutes of playing time a game, Albrecht averaged 8 points, 4 rebounds, 2 assists, and 1 turnover a game for the Crusaders.

"I came here because a degree at Clarke College is very reputable and the team is struggling, but I want to be a player to come in and help the team grow into a successful program," Albrecht said.



Shean Albrecht

He also said with hard work and dedication over the summer that the team is heading in the right direction.

Albrecht is also heading in the right direction when it comes to school work. Striving to succeed in the classroom, he maintains a 3.46 G.P.A. while majoring in physical education and minoring in health. ❖

Softball undefeated at UW-Platteville tourney

By Whitney Smith

Baseball

The baseball team split a pair of games against Viterbo College Wednesday, April 24, in LaCrosse. The Crusaders won the first game 11-3 but Viterbo came back to take the second game 3-0.

The Crusaders played Mt. St. Clare College on Thursday, April 25, and took two games to improve their record to 15-15. The Crusaders ran away with the first game beating Mt. St. Clare 11-1.

The second game was a little closer but the Crusaders won the game 5-3.

The Crusaders played two double headers against Mt. Mercy on Saturday, April 28, and Sunday, April 29.

Out of the four games played the Crusaders won one after losing the first game 5-6 and the second game 3-5. The Crusaders fought for a 10-9 victory in the third game and lost the last game 10-20.

Softball

The Crusaders improved their record to 19-11 after going undefeated in a tournament hosted by UW-Platteville. They played two games on Friday, April 26, playing Madison Area Technical College winning 14-1. Leading the Crusaders offensively was Jill Christopher getting four hits and tallying up 5 RBIs.

In the second game of the tournament the Crusaders upset the host of the tournament, UW-Platteville 6-1. Karen Martinek and Bridget Kanter each had four hits for the Crusaders.

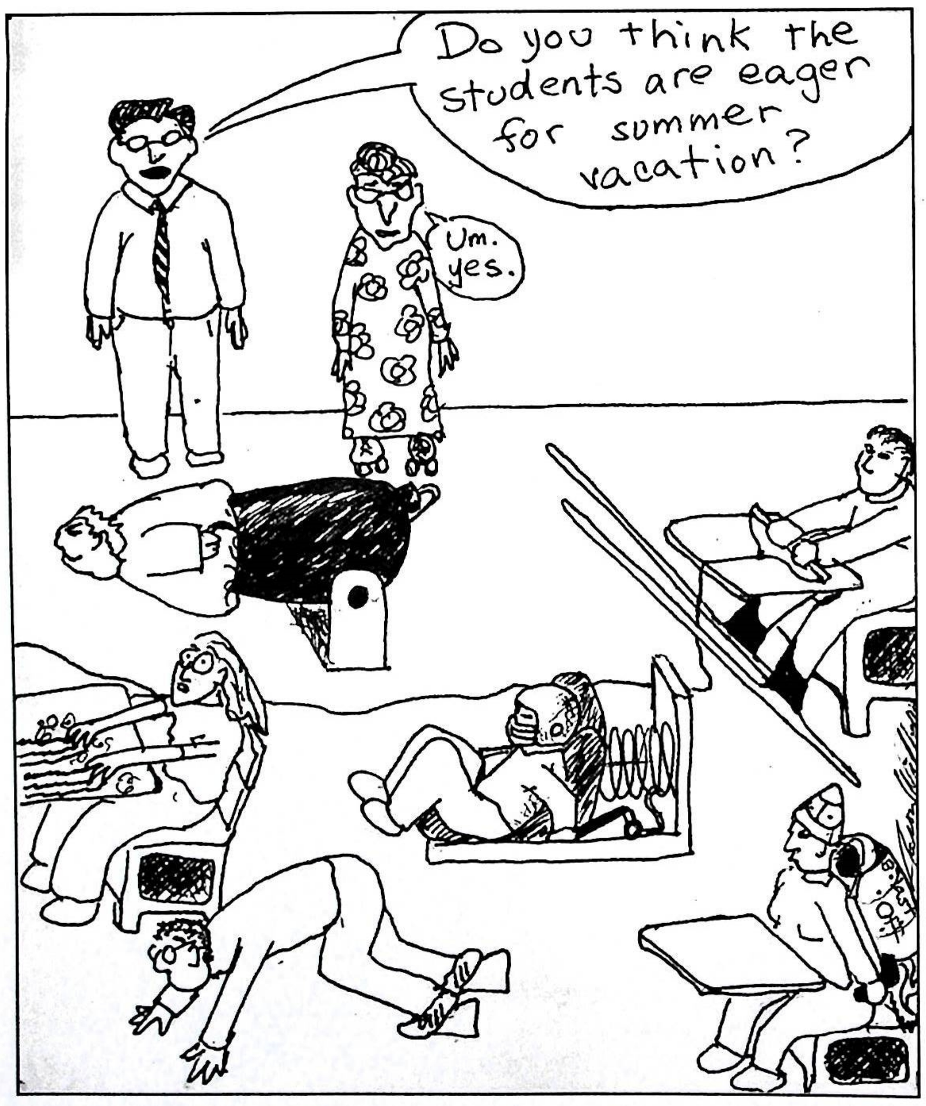
Saturday, April 27, the Crusaders beat Teikyo-Marycrest University 3-2 in an eight inning nailbiter. Christopher and Kanter led the team in hits with four a piece.

In the last game of the tournament Clarke beat Upper Iowa 2-1, Cara Clarke and Kanter each had two hits. Shawna Burns went 4-0 pitching in the tournament.

The Crusaders host their conference tournament this Saturday and Sunday at McAleece Sports Complex.

Jill Christopher was named Midwest Region Softball Player of the Week after the Crusaders swept Aurora, Mt. St. Clare and Grinnell.

Within those six games Christopher had 25 at bats tallying-up 15 hits, 5 doubles, two triples, one home run, 15 RBIs and nine runs scored. Christopher hit .600 that week. ❖



Clarke calendar of events

Friday, May 3
Last Day of Classes
Intramural Session VI Ends
Honors Banquet 3 p.m.
baseball vs. Grand View College, Senior High School, 1 p.m.

Saturday, May 4
Study Day
Goodbye Dance Party, Outdoors
softball conference tournament, McAleece Sports Complex through May 5
baseball vs. Grand View College, Senior High School, 1 p.m.
Quiet Hours Begin, 11 p.m.

Sunday, May 5
Cinco de Mayo
Mass, Chapel, 11 a.m.

Monday, May 6
Final Exams Begin
Math Club End of the Year Picnic

Tuesday, May 7
Final Exams

Wednesday, May 8
Midwest Classic Conference Tournament (TBA) through May 10
Final Exams

Thursday, May 9
Final Exams
TimeSaver Session II Classes End

Photo by Evan Siegle

Jason Koth models his cap and gown as he prepares for commencement on Saturday, May 11 at 3 p.m..

Friday, May 10
Residence Halls Close to all students not graduating, 12 noon

Saturday, May 11
Commencement 3 p.m.

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